

## Resources for Children Coping with Traumatic Experiences

The compiled resources are categorized based on best practices and principles for working with children aged 0-16, and communities who have experienced a traumatic experience.

The document includes a variety of interactive and low-material resources, most of which are open resources- including games, handbooks, tips, infographics, and stories to support children in coping with traumatic experiences related to natural disasters and conflicts. These resources have been selected for their evidence-based approaches and their ability to help children feel safe, secure, and supported. In addition, there are resources on tips and advice for caregivers and parents on how to help their children during this challenging time.

The resources have been categorized based on research findings, and are categorized under the following principles:

- 1. Parental and community involvement:** It is crucial for parents and caregivers to start conversations with and support their children after a traumatic experience. This allows them to express their thoughts and ask questions in a safe space.
- 2. Routine:** Retaining daily routines allows children to have a sense of control regarding what is happening in their life and to know what to expect. This can be in the form of a new hobby or an enjoyable activity that they do every day.
- 3. Expressing through art:** Expressive art is an effective tool to support children in communicating their thoughts and feelings as they face difficulty expressing their experiences in words. This can be done through expressive drawing and art, music therapy, stories, and art journaling.
- 4. Disaster education:** Educating children on what happened and what will happen moving forward through facts provides children with clarity and reduces the chances of self-blame.
- 5. Empathy and altruism:** Children who are able to be empathetic and help others will feel a sense of accomplishment and purpose. They tend to recover more quickly from a traumatic event when they feel they are contributing to others' recovery.
- 6. Wellbeing:** Promote psychological and physical wellbeing through stress reduction techniques, building resilience, and physical activities like yoga and trauma release exercises.
- 7. Play-based:** Play leads to positive child development and helps build life skills and resilience.

We encourage facilitators to review the resources and select those that are most relevant to their programs, keeping in mind the different needs and circumstances of the children they are working with.

### References:

- [1. After The Earthquake: Nepal's Children Speak Out](#)
- [2. Caring for Kids after Trauma, Disaster And Death: A Guide For Parents And Professionals](#)
- [3. Stay safe and be prepared: a teacher's guide to disaster risk reduction](#)
- [4. Expressive art activities for students affected by an earthquake in China](#)
- [5. International Arts + Mind Lab: The Center for Applied Neuroaesthetics](#)
- [6. Kana Okazaki-Sakaue Abstract Music Therapy with Trauma](#)
- [7. Tips For Coping With Distress In Young Children After The Earthquake](#)
- [8. Education In Emergencies Best Practice Guide](#)
- [9. A Review of the Role of Education and Knowledge in Disaster Risk Reduction](#)
- [10. The Importance Of Play When Violence Displaces Childhood](#)

To contribute to this document please add your resources to this document: [https://docs.google.com/spreadsheets/d/1afse8\\_cjQ8OzfwlF0dlaO6V3trMW-DE2uGuGB5k1PHQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1afse8_cjQ8OzfwlF0dlaO6V3trMW-DE2uGuGB5k1PHQ/edit?usp=sharing)

**Resources for Children Coping with Traumatic Experiences - Content Scan**

Category	Material	Age Group	Organization	Resources	Languages	Link	Description	Notes
Art, Music and Drawing Activities	100 Art Therapy Exercises	All	N/A compiled by Shelley Klammer	Low	English	<a href="https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises">https://www.expressiveartworkshops.com/expressive-art-resources/100-art-therapy-exercises</a>	Links for some of the most inspiring art therapy activities	
	Music as Psychosocial Intervention for Children and Communities Affected by War Activity Resource Manual By	All	Brian Cope BMus (Hons)	Low-Medium	English	<a href="https://childprotectionforum.org/wp-content/uploads/2022/09/War-Child-Music-Activities-2005.pdf">https://childprotectionforum.org/wp-content/uploads/2022/09/War-Child-Music-Activities-2005.pdf</a>	Music-based activities to help children develop personal and interpersonal skills. While the focus is psychosocial activities could also be used as icebreakers, team building and for other objectives.	
	Red Pencil Art Therapy Resources	All	The Red Pencil	Low	English	<a href="https://redpencil.org/arts-therapy-resources/keep-calm-make-art-with-the-red-pencil/">https://redpencil.org/arts-therapy-resources/keep-calm-make-art-with-the-red-pencil/</a>	Art therapy Activities	
	Community-based Disaster Mental Health Intervention	Community group	Institute of Behavioral Science, Natural Hazards Center, University of Colorado – Boulder, and Transcultural Psychosocial Organization (TPO)	Low	English and Nepali	<a href="https://www.elrha.org/wp-content/uploads/2017/03/CBDMH-IL-Manual-Nepali-English-version-Disaster-General_Dec2016.v.pdf">https://www.elrha.org/wp-content/uploads/2017/03/CBDMH-IL-Manual-Nepali-English-version-Disaster-General_Dec2016.v.pdf</a>	3-Day Curriculum manual for use with communities affected by natural disasters in Nepal.	
	Psychosocial Support Recreational Activities Resource Guide	5-16	UNRWA	Low-Medium	English, Arabic	English <a href="https://www.unrwa.org/sites/default/files/content/resources/recreational_activities_resource_guide.pdf">https://www.unrwa.org/sites/default/files/content/resources/recreational_activities_resource_guide.pdf</a> Arabic <a href="https://www.unrwa.org/sites/default/files/content/resources/recreational_activities_resource_guide_arabic.pdf">https://www.unrwa.org/sites/default/files/content/resources/recreational_activities_resource_guide_arabic.pdf</a>	Recreational activity resource guide for teachers, counsellors, and community members (also referred to as facilitators) working with children in conflict or other challenging contexts. These activities help children engage positively with their friends, peers, family and community members.	
SEL & Mental Health Support	Facing Fear-Help Students Deal with the Emotional Impact of Emergencies and Disasters	5-16	Canadian Red Cross	Low-Medium	English	<a href="https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/for-teachers-and-educators-of-children/help-students-deal-with-the-emotional-impact-of-emergencies-and-disasters/facing-fear">https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/for-teachers-and-educators-of-children/help-students-deal-with-the-emotional-impact-of-emergencies-and-disasters/facing-fear</a>	A flexible curriculum to help young people be prepared for disasters and deal with the aftermath of tragic events.	
	Learn and Share Together Student Activity Booklet	10-14	Nyein (Shalom) Foundation and Youth Learning Center (YLC)	Low	English	<a href="https://www.peopleinneed.net/student-activity-booklet-myanmar-english-1181pub">https://www.peopleinneed.net/student-activity-booklet-myanmar-english-1181pub</a>	Material of cooperation and active citizenship, culture and community, respect for diversity, inclusive community, human needs and human dignity, empathy, non-violent communication, win-win solutions to disagreements and consensus building etc.	
	Learn and Share Together Teacher Training Curriculum	10-15	Nyein (Shalom) Foundation and Youth Learning Center (YLC)	Low-Medium	English	<a href="https://www.clovekvtisni.cz/media/publications/1179/file/learn-and-share-together-teacher-book-eng-compressed.pdf">https://www.clovekvtisni.cz/media/publications/1179/file/learn-and-share-together-teacher-book-eng-compressed.pdf</a>	Wide variety of activities, such as art, self-expression, discussion, analysis, reflection, cooperative games, and problem solving, to develop learners' knowledge, skills, and attitudes.	
	Learn and Share Together Community-Building Training Curriculum	All	Nyein (Shalom) Foundation and Youth Learning Center (YLC)	Low-Medium	English	<a href="https://www.clovekvtisni.cz/media/publications/1180/file/learn-and-share-together-village-toolkit-eng-1-compressed.pdf">https://www.clovekvtisni.cz/media/publications/1180/file/learn-and-share-together-village-toolkit-eng-1-compressed.pdf</a>	Wide variety of activities, such as art, self-expression, discussion, analysis, reflection, cooperative games, and problem solving, to develop learners' knowledge, skills, and attitudes.	
	Bear Us In Mind	All	The Lennox Trust Co Ltd Charity no 220166	Low-Medium	English	<a href="https://www.bearusinmind.org.uk">https://www.bearusinmind.org.uk</a>	Bear Us In Mind is a project that aims to provide adults with the tools to support children dealing with loss, separation, grief, and bereavement. It was set up in the wake of the war in Ukraine, and has since grown to give psychological support to children in over 10 countries.	
	Safe Healing and Learning Spaces Toolkit (SEL Trainer's Manual, Handbook, Lesson Plan Bank and Games Bank)	All	International Rescue Committee (IRC)	Medium	English, arabic, French, Greek	<a href="http://shls.rescue.org">http://shls.rescue.org</a> <a href="http://shls.rescue.org/shls-toolkit/social-emotional-learning/">http://shls.rescue.org/shls-toolkit/social-emotional-learning/</a>	Instruction and complementary recreational and creative games	
	COPE Books for Children: Earthquakes	Early Children	COPE Books	Low	English	<a href="https://www.weadapt.org/knowledge-base/disasters-and-climate-change/cope-books-for-children-earthquakes">https://www.weadapt.org/knowledge-base/disasters-and-climate-change/cope-books-for-children-earthquakes</a>	The COPE squad, Candy, Ollie, Ping and Eddy are a team of disaster risk reduction agents travelling all over the world to teach children how to be ready and prepared for natural hazards and disasters. Make the difference, be ready!	
Stories	(Birdie Series) Natural Disaster Recovery	Young Children	Children's Health Queensland Hospital and Health Service	Low	English, Arabic, Turkish	<a href="https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/">https://www.childrens.health.qld.gov.au/chq/our-services/mental-health-services/qcpimh/natural-disaster-resources/storybooks/</a>	Stories for young children about recovering from natural disasters. One of the stories is on earthquakes and there is also Relaxing with Birdie flipbook that helps children calm down, relax and sleep, even in worrying times.	
	Trinka and Sam the Day the Quake Shook	Young Children	The National Child Traumatic Stress Network	Low	English	<a href="https://www.aacap.org/App_Themes/AACAP/Docs/resource_centers/disaster/resource_group/resources/children/trinka_sam_the_day_the_earth_shook.pdf">https://www.aacap.org/App_Themes/AACAP/Docs/resource_centers/disaster/resource_group/resources/children/trinka_sam_the_day_the_earth_shook.pdf</a>	The story was developed to help young children and their families begin to talk about feelings and worries they may have after they have experienced an earthquake. It also mentions aftershocks.	
	World Stories	All	KidsOut	Low	English, Turkish, Arabic	<a href="https://worldstories.org.uk/index">https://worldstories.org.uk/index</a>	A growing collection of stories from around the world. The collection includes retold traditional tales and new short stories in the languages most spoken by UK children.	
	MEB (Ministry of Edu) together with Unicef (and other orgs) has prepared 4 (story) books in TR for kids (age 5+) explaining, understanding earthquake & recovery post such (an experience)	5+	MEB	Low	Turkish	<a href="https://www.mebduyurular.net/meb-cocuklar-icin-deprem-konulu-hikaye-kitabi-paylasti?fbclid=PA AadWpNBWutw587kqoc2Wf7OxijG271CLG.4zJlC_b_sljuI2J1_K1KENQ">https://www.mebduyurular.net/meb-cocuklar-icin-deprem-konulu-hikaye-kitabi-paylasti?fbclid=PA AadWpNBWutw587kqoc2Wf7OxijG271CLG.4zJlC_b_sljuI2J1_K1KENQ</a>	Ministry of Education together with Unicef (and other organizations) has prepared 4 story books in Turkish for kids (age 5+) explaining, understanding earthquake & recovery post such an experience.	
	Epic Books	All	Epic	Low	English	<a href="https://www.getepic.com/collection/987915/earthquake">https://www.getepic.com/collection/987915/earthquake</a>	A collection of story books about earthquakes and many others.	
	Storyweaver	All	Pratham Books	Low	Arabic, Turkish, English	<a href="https://storyweaver.org.in">https://storyweaver.org.in</a>	High quality, openly licensed multilingual storybooks sourced from global publishers, providing children with the very first step to literacy acquisition.	
Internet Free Educational Resources Bank (IFERB)	Learning Packages					<a href="https://resources.educationaboveall.org/learning-packages">https://resources.educationaboveall.org/learning-packages</a>		
	Project-Based Learning					<a href="https://resources.educationaboveall.org/projects-low-resource-learning-0">https://resources.educationaboveall.org/projects-low-resource-learning-0</a>		
	Emergency Response	All	Education Above All	Low	English, Arabic	<a href="https://resources.educationaboveall.org/index.php/refugee-response">https://resources.educationaboveall.org/index.php/refugee-response</a>	A bank of educational resources that are across subjects, interdisciplinary, engaging and do not require any technology to be implemented. The projects are designed for different age groups and have low resource requirements.	
	Math Games					<a href="https://resources.educationaboveall.org/math-games">https://resources.educationaboveall.org/math-games</a> <a href="https://www.cdc.gov/childrenindisasters/">https://www.cdc.gov/childrenindisasters/</a>		
	Ready Wrigley Books	Younger Children	CDC	Low	English, Spanish	<a href="https://www.cdc.gov/cpr/readywrigley/books.htm">https://www.cdc.gov/cpr/readywrigley/books.htm</a>	Multiple activity books for children and families that offer parents and educators an interactive way to talk to kids about to prepare for multiple types of disasters.	

**Resources for Children Coping with Traumatic Experiences - Content Scan**

Category	Material	Age Group	Organization	Resources	Languages	Link	Description	Notes
Play-based Learning and Activities	Stay Safe and be Prepared: A Student's Guide to Disaster Risk Reduction	11-18	UNESCO	Low	English, Spanish, Japanese	<a href="https://unesdoc.unesco.org/ark:/48223/pf0000228798?posInSet=2&amp;queryId=d9624b4c-1664-4add-a5b7-a5dd0c099116">https://unesdoc.unesco.org/ark:/48223/pf0000228798?posInSet=2&amp;queryId=d9624b4c-1664-4add-a5b7-a5dd0c099116</a>	A comic that tells the story of 'Resilience Girl' (RG), who was affected by a tsunami, which caused her to lose one of her legs. Her experiences encouraged her to learn as much as possible about disaster risk, preparedness and resilience.	
	Stay Safe and be Prepared: A Parent's Guide to Disaster Risk Reduction	-	UNESCO	Low	English, Spanish, Japanese	<a href="https://unesdoc.unesco.org/ark:/48223/pf0000228964?posInSet=1&amp;queryId=6757ecf6-7fc3-45bc-871c-5fd8a0607b188">https://unesdoc.unesco.org/ark:/48223/pf0000228964?posInSet=1&amp;queryId=6757ecf6-7fc3-45bc-871c-5fd8a0607b188</a>	Ideas on family preparedness measures and on how parents can get engaged with their child's school and their community to improve disaster preparedness and response.	
	Stay Safe and be Prepared: A Teacher's Guide to Disaster Risk Reduction	-	UNESCO	Low	English, Spanish, Japanese	<a href="https://unesdoc.unesco.org/ark:/48223/pf0000228963">https://unesdoc.unesco.org/ark:/48223/pf0000228963</a>	A Teacher's Guide to Disaster Risk Reduction	
	Disaster and Emergency Preparedness	5-11	IFRC	Low	English	<a href="https://inee.org/sites/default/files/resources/IFC_Disaster_Emergency_Prepareness_Guide_ENG.pdf">https://inee.org/sites/default/files/resources/IFC_Disaster_Emergency_Prepareness_Guide_ENG.pdf</a>	Activity Guide for K to 6th Grade Teachers.	
	Child Friendly Activity Cards	Young Children	World Vision International and IFRC	Low	English and Arabic	<a href="https://pscentre.org/wp-content/uploads/2020/05/CFS-At-Home-Activity-Cards-PDF.pdf">https://pscentre.org/wp-content/uploads/2020/05/CFS-At-Home-Activity-Cards-PDF.pdf</a>	This set of activity cards is selected and adapted from the existing CFS Activity Catalogue that promote children and their families' psychosocial well-being during the COVID-19.	
	Classroom warmers activity booklet	All	Cambridge	Low-Medium	English	<a href="https://www.cambridgeenglish.org/images/594825-classroom-warmers-activity-booklet.pdf">https://www.cambridgeenglish.org/images/594825-classroom-warmers-activity-booklet.pdf</a>	This booklet includes seven exercises each for primary, lower secondary and upper secondary students.	
	Toys and Games Prototypes for Preschool Teachers	3-5	CRS	Low-Medium	English	<a href="https://drive.google.com/file/d/1Z0BmejcE-pcrTwi3S5Z3AbZ9hrv1y17/view?form=MY01SV80CID=MY01SV">https://drive.google.com/file/d/1Z0BmejcE-pcrTwi3S5Z3AbZ9hrv1y17/view?form=MY01SV80CID=MY01SV</a>	A manual to equip preschool teachers, parents and relevant stakeholders with the knowledge and skills to produce and play numerous inclusive educational games for children aged three to five years old, thus supporting children's development.	
Building on the principles of Psychological First Aid	Activity Catalogue for Child Friendly Spaces in Humanitarian Settings	children and adolescents	IFRC & World Vision	Low-Medium	Englis, arabic	<a href="https://app.mhps.net/?get=372/activity-catalogue-for-child-friendly-spaces-low-res.pdf">https://app.mhps.net/?get=372/activity-catalogue-for-child-friendly-spaces-low-res.pdf</a>	A set of materials to assist managers and facilitators/animators in setting up and implementing quality Child Friendly Spaces (CFS). These resources have at their core the protection of children from harm; the promotion of psychosocial well-being; and the engagement of community and caregiver capacities.	
	I Support my Friends*	Children and Adolescents	UNICEF	Low-Medium	English, Spanish, Ukraine, Polish	<a href="https://app.mhps.net/?get=397/2_training-manual.pdf&amp;cfchl_tk=et_zvDRORF4uTqoe5JiHCyDYOLKXBsS8b4n091uOHE-1676538796-0-gaNycGzNChA">https://app.mhps.net/?get=397/2_training-manual.pdf&amp;cfchl_tk=et_zvDRORF4uTqoe5JiHCyDYOLKXBsS8b4n091uOHE-1676538796-0-gaNycGzNChA</a>	A training for children and adolescents on how to support a friend in distress.	
	A Hopeful, Healthy & Happy Living & Learning TOOLKIT - Activity Guide	All	REPSI and the IFRC	Low-Medium	English	<a href="https://pscentre.org/wp-content/uploads/2021/06/A-Hopeful-Healthy-and-Happy-Living-and-Learning-ACTIVITY-GUIDE.pdf">https://pscentre.org/wp-content/uploads/2021/06/A-Hopeful-Healthy-and-Happy-Living-and-Learning-ACTIVITY-GUIDE.pdf</a>	Guide for Teachers, Parents and Children features fun activities for children at home, in school or for remote use. In a home learning environment, for example, the activities could be done with a sibling group. Each activity is flagged as best done with a group or whether it may be adapted for use with a single child. The activities have been carefully designed to engage with children in relation to social and emotional learning around self-awareness, self-management, social awareness, relationship skills and decision-making.	
	A Hopeful, Healthy & Happy Living & Learning TOOLKIT - Parent-Caregiver Guide	All	REPSI and the IFRC	Low-Medium	English	<a href="https://pscentre.org/wp-content/uploads/2021/06/A-Hopeful-Healthy-and-Happy-Living-and-Learning-PARENT-CAREGIVER-GUIDE.pdf">https://pscentre.org/wp-content/uploads/2021/06/A-Hopeful-Healthy-and-Happy-Living-and-Learning-PARENT-CAREGIVER-GUIDE.pdf</a>	This booklet has been developed for parents and caregivers and is designed to provide guidance and inspiration around psychosocial wellbeing in the household in the face of challenges presented by the COVID-19 pandemic. It features six fictional families from different corners of the world who are facing challenges in their lives in the course of dealing with COVID-19.	
	A Hopeful, Healthy & Happy Living & Learning TOOLKIT - Guide for Teachers	All	REPSI and the IFRC	Low-Medium	English	<a href="https://inee.org/sites/default/files/resources/a_hopeful_healthy_happy_living_learning_toolkit_0.pdf">https://inee.org/sites/default/files/resources/a_hopeful_healthy_happy_living_learning_toolkit_0.pdf</a>	General group-building exercises, followed by themed activities focussing on 16 key life skills supporting the cognitive, social and emotional development of children.	
	A Teacher's Guide to Psychosocial Support Activities for Students	6-16	GIZ – Education and Youth Cluster	Low-Medium	English	<a href="https://app.mhps.net/?get=405/giz-a-teachers-guide-to-ps-activities-for-students-eng-002.pdf">https://app.mhps.net/?get=405/giz-a-teachers-guide-to-ps-activities-for-students-eng-002.pdf</a>	This Guide was developed to support teachers in providing psychosocial support to students affected by COVID-19 pandemic schools closure in Jordan. The Guide's activities can be carried out throughout the whole academic year and tailored to support teachers in addressing different students needs in different contexts.	
	Better Learning Program 1 Supporting Students' Recovery in Emergency	NRC	NRC	Low	English	<a href="https://www.hbri.org/wp-content/uploads/2022/03/BLP-1-Edition-III-Handbook-2019.pdf">https://www.hbri.org/wp-content/uploads/2022/03/BLP-1-Edition-III-Handbook-2019.pdf</a>	This handbook provides teachers with a simple psychosocial support framework, the "Recovery Box", which they can use on a daily basis to promote children's recovery from traumatic experience and stress.	
The Children's Resilience Programme: Psychosocial support in and out of schools	10-16	Save the Children	Medium	Arabic, English	<a href="https://resourcecentre.savethechildren.net/document/childrens-resilience-programme-psychosocial-support-and-out-schools/">https://resourcecentre.savethechildren.net/document/childrens-resilience-programme-psychosocial-support-and-out-schools/</a>	The programme is a nonclinical psychosocial and protection methodology that focuses on children's positive coping and resilience. The Child Resilience social Programme comprises 8-16 structured workshops for children 10-16 years old.		
Earthquake Education and Emergency Preparedness	Drilling	All	Shakeout	Low	English	<a href="https://www.shakeout.org/resources/">https://www.shakeout.org/resources/</a>	The materials on this page are provided to promote ShakeOut participation and preparedness	
	Be a Hero	11-13	FEMA	Low-Medium	English	<a href="https://www.ready.gov/sites/default/files/2020-08/ready_emergency-preparedness-curriculum-grades-6-8.pdf">https://www.ready.gov/sites/default/files/2020-08/ready_emergency-preparedness-curriculum-grades-6-8.pdf</a>	An empowering educational journey into emergency preparedness. This standards-based, cross-curricular program is designed to provide students in grades 6 through 8 with the knowledge, awareness, and life-saving skills needed to prepare for a variety of emergencies and disasters.	
	Help Students Learn About and Prepare for Disasters Activity book	7-13	Red Cross Canada	Low-Medium	English	<a href="https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/resources-for-teachers-and-voluntary-sector-organizations/teachers-and-educators-of-children/help-students-learn-about-and-prepare-for-disasters/expect-the-unexpected-program">https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/resources-for-teachers-and-voluntary-sector-organizations/teachers-and-educators-of-children/help-students-learn-about-and-prepare-for-disasters/expect-the-unexpected-program</a>	An activity booklet for parents, designed to help the whole family learn about the main natural disasters and emergency situations that could occur and how to prepare for them.	
	Earthquake Safety Activities For Children and Teachers	Children and Teachers	FEMA	Low-High	English	<a href="https://www.shakeout.org/downloads/fema-527.pdf">https://www.shakeout.org/downloads/fema-527.pdf</a>	Ready-to-use, hands-on activities for students and teachers explaining what happens during an earthquake, how to prepare for earthquake shaking, and how to stay safe during and after an earthquake.	

\*All rights reserved. Permission is required to reproduce any part of this publication. For permission requests, please email: [nyhqdoc.permit@unicef.org](mailto:nyhqdoc.permit@unicef.org)

## Resources for Children Coping with Traumatic Experiences - Content Scan

Category	Material	Age Group	Organization	Resources	Languages	Link	Description	Notes
Preparedness	Doing What Matters in Times of Stress: An Illustrated Guide	All	WHO	Low (however, there is the option to download to and listen to exercise which will require internet)	English, Turkish and Arabic	<p>English <a href="https://apps.who.int/iris/bitstream/handle/10665/331901/9789240003910-eng.pdf">https://apps.who.int/iris/bitstream/handle/10665/331901/9789240003910-eng.pdf</a></p> <p>Turkish <a href="https://app.mhpss.net/?get=424/who-euro-2020-361-40096-54908-tur.pdf">https://app.mhpss.net/?get=424/who-euro-2020-361-40096-54908-tur.pdf</a></p> <p>Arabic <a href="https://apps.who.int/iris/bitstream/handle/10665/331901/9789240011670-ara.pdf?sequence=23&amp;isAllowed=y">https://apps.who.int/iris/bitstream/handle/10665/331901/9789240011670-ara.pdf?sequence=23&amp;isAllowed=y</a></p>	This guide is for anyone who experiences stress, ranging from parents and other carers to health professionals working in dangerous situations.	
	An Earthquake Guided Activity Textbook for Schools, Children, Families and Caregivers	All	The Children's Psychological Health Center	Low	English	<a href="http://www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/14_My%20Own%20Story%20about%20The%20Earthquake%20in%20Haiti%20-English.pdf">http://www.childrenspsychologicalhealthcenter.org/wp-content/uploads/2014/11/14_My%20Own%20Story%20about%20The%20Earthquake%20in%20Haiti%20-English.pdf</a>	A simple and clear guide to encourage mental health, creative expression, learning, and coping for children who have survived the earthquake. Use it to help children, teenagers and families overcome and go beyond bad memories and fears.	
Hygiene and Illness Prevention	Water, Sanitation and Hygiene for Schoolchildren in Emergencies	All	Save the Children	Low-Medium	English	<a href="https://resourcecentre.savethechildren.net/pdf/282_unicef_wash_in_schools_in_emergencies_guidebook_for_teachers.pdf/">https://resourcecentre.savethechildren.net/pdf/282_unicef_wash_in_schools_in_emergencies_guidebook_for_teachers.pdf/</a>	A resource for those teaching and working with children in emergency preparedness, during an emergency and throughout the recovery period. It provides simple strategies for use and adaptation with all children and families to ensure a smooth and healthy transition to a healthy and accessible learning environment.	
	Help Students Learn About Preventing the Spread of Germs	6-8	Red Cross Canada	Medium	English	<a href="https://www.redcross.ca/crc/documents/3-1-3-2-1-Bug-Out-6-8-Facilitator-Booklet.pdf">https://www.redcross.ca/crc/documents/3-1-3-2-1-Bug-Out-6-8-Facilitator-Booklet.pdf</a>	Educational resources designed to help children, parents, teachers and caregivers learn about the importance of illness prevention and control.	
Catch-up program	10 Principles for helping learners catch up and return to learning	All	Accelerated Education Working Group adopted from IEE Child Protection Guidance Note	Low-Medium	English, Arabic, French, Spanish	<a href="https://inee.org/sites/default/files/resources/AFWG%20Catch-up%20Programmes%20-%202010%20Principles_screen.pdf">https://inee.org/sites/default/files/resources/AFWG%20Catch-up%20Programmes%20-%202010%20Principles_screen.pdf</a>	A short education programme for children and youth who had been actively attending school prior to an educational disruption, which provides students with the opportunity to learn content missed because of the disruption and supports their re-entry to the formal system.	
Literacy and Numeracy	Math Intervention	All	International Rescue Committee (IRC)	Low-Medium	English, Arabic, French, Greek	<a href="http://shls.rescue.org/shls-toolkit/math/">http://shls.rescue.org/shls-toolkit/math/</a>	Foundational math instruction for children at the 'emerging' ability level who need support with basic math skills.	
	Early Literacy and Math Toolkit - ELM at Home - Parent Outreach Component Facilitator's Guide	3-6	Save the Children	Low-Medium	English	<a href="https://resourcecentre.savethechildren.net/pdf/10342_elmh_parentfacilitatorguide_final.pdf/">https://resourcecentre.savethechildren.net/pdf/10342_elmh_parentfacilitatorguide_final.pdf/</a>	This toolkit is to increase parent support for learning while fostering play, talking, warmth and enjoyment of children's development.	
	Numeracy and Literacy Learning Packages	3-14	Education Above All	Low	English	<a href="https://resources.educationaboveall.org/learning-packages">https://resources.educationaboveall.org/learning-packages</a>	The Learning Packages are created for five levels of learners between the ages of 2-14 years and include projects, games, activities and worksheets. They cover five learning tracks, all of which include literacy-numeracy skill-building and socio-emotional learning elements	

## Resources for Children Coping with Traumatic Experiences - For Parents and Caregivers

Resource	Organization	Languages	Link	Description
Psycho-Social Support (PSS) and Socio Emotional Learning (SEL) Distance Education Resources for Teachers	Inter-agency Network for Education in Emergencies (INEE)	English, France, Spanish, Arabic	<a href="https://inee.org/resources/pss-and-sel-distance-education-resources-teachers">https://inee.org/resources/pss-and-sel-distance-education-resources-teachers</a>	This resource links to INEE selected and evaluated tools that can help learner-centered Psycho-Social support and Socio-Emotional Learning. The resources in the toolkit are grouped by type - Capacity Building for Teachers, Guidance & Toolkits, Lesson Plans & Activities - and are labeled by language, modality, and age/stage.
Educator Resource: The First Book Trauma Toolkit	First Book (Funded by Maryland State Education Association)	English	<a href="https://firstbook.org/blog/2019/06/27/educator-resource-the-first-book-trauma-toolkit/">https://firstbook.org/blog/2019/06/27/educator-resource-the-first-book-trauma-toolkit/</a>	This resource helps educators identify symptoms of trauma in children and deal with behavioral discrepancies that might result as a consequence.
Inter-Agency Pocket Resources for Parents and Caregivers	WHO, UNICEF, UNHCR, UNODC, Oxford University, et al.	English, Arabic, Turkish	English: <a href="https://app.mhpss.net/?get=425/engukraine-parenting-combined-smtpdf.pdf">https://app.mhpss.net/?get=425/engukraine-parenting-combined-smtpdf.pdf</a> Arabic: <a href="https://app.mhpss.net/?get=425/230210-arabic-parenting-in-crisis-tips604.pdf">https://app.mhpss.net/?get=425/230210-arabic-parenting-in-crisis-tips604.pdf</a> Turkish: <a href="https://app.mhpss.net/?get=424/230210_turkish-parenting_in_crisis_tips.pdf">https://app.mhpss.net/?get=424/230210_turkish-parenting_in_crisis_tips.pdf</a>	
This is Your Action Plan for what to do before, during, and after a damaging earthquake	shakeout		<a href="https://drive.google.com/embeddedfolderview?id=1bML_lVjAG-Vm-KflsDOxy4sqx9wmiQz7#list">https://drive.google.com/embeddedfolderview?id=1bML_lVjAG-Vm-KflsDOxy4sqx9wmiQz7#list</a>	Seven Steps to Earthquake Safety
Caregivers Resources for Earthquake Response	UN	English, Arabic, Turkish	<a href="https://www.unodc.org/unodc/en/prevention/earthquake-response--syria-trkiye-and-neighbouring-countries.html?testme&amp;utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596">https://www.unodc.org/unodc/en/prevention/earthquake-response--syria-trkiye-and-neighbouring-countries.html?testme&amp;utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596</a>	UNODC caregiver resources for earthquake response in Turkey and Syria. Contains resources on how to care for children in earthquake.
Parenting in Crisis Resources	WHO, UNICEF, UNHCR, UNODC, Oxford University, et al.	English, Arabic, Turkish	<a href="https://drive.google.com/drive/folders/1RfIRXIQ2V1h71AyockwNA8kLPkhlbLycP">https://drive.google.com/drive/folders/1RfIRXIQ2V1h71AyockwNA8kLPkhlbLycP</a> <a href="https://drive.google.com/drive/folders/1RfIRXIQ2V1h71AyockwNA8kLPkhlbLycP">https://drive.google.com/drive/folders/1RfIRXIQ2V1h71AyockwNA8kLPkhlbLycP</a>	This resource is for the contains flyers that give suggestions for parents and caregivers to maintain their and children's wellbeing during this earthquake. These flyers can be distributed and used as social media posts.
Parents Guidelines for Helping Children After Earthquake	National Child Traumatic Stress Network	English	<a href="https://www.nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_children_after_an_earthquake.pdf?utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596">https://www.nctsn.org/sites/default/files/resources/parents_guidelines_for_helping_children_after_an_earthquake.pdf?utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596</a>	Guidelines for parents and caregivers on what they can do to self-regulate and help kids deal with experience of earthquake and disaster.
Taking Care of Yourself	National Child Traumatic Stress Network	English	<a href="https://rescue.app.box.com/s/78xdrnx0uir3bkwcf39ollj39yjuuq">https://rescue.app.box.com/s/78xdrnx0uir3bkwcf39ollj39yjuuq</a>	Tips for educators to regulate their own emotions, and traumatic and negative feelings that they might experience.
Educator Resource: Psychocial tips for Parents in Need of Support	Save the Children from INEE	English	<a href="https://inee.org/resources/psychological-first-aid-parents-need-support">https://inee.org/resources/psychological-first-aid-parents-need-support</a>	This resource is for educators to inform and help parents and caregivers avoid physical and humiliating violence punishment of children.
Tragic Times, Healing Words	Sesame Workshop	English	<a href="https://www.thirteen.org/edonline/healing.pdf">https://www.thirteen.org/edonline/healing.pdf</a>	This toolkit contains actionable, age-specific, suggestions and guidance on how caregivers and educators can help children confront and reconcile with death and grief.
Communicating with Children about death and grief	INEE	English	<a href="https://inee.us5.list-manage.com/track/click?u=fe0f0506b371181f31cc3ba467&amp;id=ac2f4bb6fc&amp;e=hbfb746db00">https://inee.us5.list-manage.com/track/click?u=fe0f0506b371181f31cc3ba467&amp;id=ac2f4bb6fc&amp;e=hbfb746db00</a>	This toolkit contains actionable, age-specific, suggestions and guidance on how caregivers and educators can help children confront and reconcile with death and grief.
Coping with a Disaster or Traumatic Event	Center for Disease Control and Prevention	English	<a href="https://emergency.cdc.gov/coping/index.asp">https://emergency.cdc.gov/coping/index.asp</a>	This links to further resources on how parents and educators can cope and help children and teens to do the same.
Earthquakes	CDC	English	<a href="https://www.cdc.gov/disasters/earthquakes/index.html">https://www.cdc.gov/disasters/earthquakes/index.html</a>	Preparation, planning, and practices to maintain safety during an earthquake.
Türkiye & Syria Action	ECDAN	Arabic, English, Turkish	<a href="https://ecdan.org/turkey-syria-action/?utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596">https://ecdan.org/turkey-syria-action/?utm_source=INEE+email+lists&amp;utm_campaign=93041a23bd-EMAIL_CAMPAIGN_2019_10_08_10_35_COPY_01&amp;utm_medium=email&amp;utm_term=0_710662b6ab-93041a23bd-25869596</a>	In light of the devastating earthquake impacting children and families in Türkiye, Syria, and neighboring countries, partners are sharing the following emergency resources to support children, parents, and caregivers in crisis.
Mental Health and Psychosocial Support Resources : Families and Youth		English, arabic, Turkish	<a href="https://docs.google.com/spreadsheets/d/1058NtcTudgRVxlogcG5VhpKxOLRtsUBhAVzZxLCmbfy/htmlview?fbclid=PAaAYsZR84AMmp0X-vTmfEZw0DBvHW8R5HeC8fNSaoEUGztfLcMdhOpOUcjM&amp;urp=gmail_link">https://docs.google.com/spreadsheets/d/1058NtcTudgRVxlogcG5VhpKxOLRtsUBhAVzZxLCmbfy/htmlview?fbclid=PAaAYsZR84AMmp0X-vTmfEZw0DBvHW8R5HeC8fNSaoEUGztfLcMdhOpOUcjM&amp;urp=gmail_link</a> <a href="https://www.linkedin.com/posts/toily-kurbanov-876b969_online-volunteers-earthquake-activity-7032035624660398080-QSmb?utm_source=share&amp;utm_medium=member_desktop">https://www.linkedin.com/posts/toily-kurbanov-876b969_online-volunteers-earthquake-activity-7032035624660398080-QSmb?utm_source=share&amp;utm_medium=member_desktop</a>	
Volunteers Needed				
Bear Us In Mind	The Lennox Trust Co Ltd Charity no 220166	English	<a href="https://www.bearusinmind.org.uk">https://www.bearusinmind.org.uk</a>	Bear Us In Mind is a project that aims to provide adults with the tools to support children dealing with loss, separation, grief, and bereavement. It was set up in the wake of the war in Ukraine, and has since grown to give psychological support to children in over 10 countries.